

## Spiritual Self-Assessment

The purpose of this activity is to help you in identifying a sense of your spirituality. There are no “right” or “wrong” answers. It is provided to guide you as you think through what brings you a sense of meaning and comfort.

### 1. The most important relationships in my life include:

- My family of origin (parents, siblings, etc)
- A significant other or spouse
- Children
- Friends
- God or a Higher Power
- People I work with
- Other \_\_\_\_\_

### 2. Who or what helps you find meaning and a sense of purpose?

- Family relationships
- Friendships
- Work
- Relationships with the earth/environment
- God or a Higher Power
- Other \_\_\_\_\_

### 3. What helps you cope in difficult times?

- Support of family/friends
- Belief in the basic goodness of life
- Faith in God/Higher Power
- Music/poetry/literature
- Prayer or meditation
- Other \_\_\_\_\_

### 4. How do you take care of yourself?

- Time alone
- Talking with others
- Physical exercise, diet
- Prayer, meditation, or other ritual
- Nothing
- Other \_\_\_\_\_

### 5. Do you believe in God/a Higher Power?:

- Yes
- Somewhat
- No

### 6. If yes, how would you describe God/your Higher Power?

- Angry
- In control of all events
- Judging
- All-knowing
- Kind
- Able to do anything
- Loving
- Other \_\_\_\_\_

### 7. If no, what are your beliefs about life?

- Random events
- Meaning comes from \_\_\_\_\_
- Hopelessness
- Other \_\_\_\_\_

### 8. Are there any spiritual practices that are important to you?

- Attending religious services
- Prayer
- Reading Scripture
- Meditation
- Rituals
- Yoga
- Other \_\_\_\_\_